

50+ Recreation January 2018

Our mission is to enrich the lives of our citizens. ISSUE 1

www.ColumbusRecParks.com

Creative Arts Event

Never too early to start working on your entries.

2018's event will be held May 9-18.



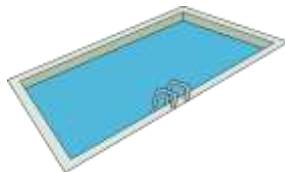
Theme: Life is a Circus

The Creative Arts Event is a show of original art and craft work for ages 50 and up.

50+ Water Exercise

Water aerobics is back in the swim of things. Join us in the New Year.

Mondays and Wednesdays
Columbus Aquatic Center
1160 Hunter Ave. 43201



Per visit will be \$2 and a 6 or 7 week pass will be \$20.

Alice is the instructor. For more information, call 645-3129.

January 2018

Issue 1

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Newsletter Editor: Wendy Frantz 645-7427

Dance

Gillie Dance

Line Dance *Beginners* **Tuesdays** **1 pm**
Advanced **Tuesdays** **2 pm**
Intermediates **Fridays** **10:30 am**

Move & Groove **Mondays** **7:30 pm**

Tap Dance:

Advanced **Wednesdays** **10 am**

Beginning **Wednesdays** **10:50 am**

Ballet Class **Wednesdays** **5 pm**

Gillie Wednesday Evening Dance Information

6:30 – 9 pm **Admission: \$5**

Come early for line a line dance session: 6:30-7 pm.

The DJ begins spinning a variety of dance music at 6:30 pm. Refreshments served, dancing until 9 pm.

Weekly Themes:

January 3 *No Dance*
January 10 *Birthdays and Anniversaries*
January 17 *Snowflake Ball*
January 24 *Anniversary Ball*
January 31 *Winter Blues*

Marion Franklin

Line Dance (Intermediate)

Mondays, Wednesdays and Fridays **10-11 am**

Beginners *Wednesdays* **11:15 am**

Men's *Tuesdays and Thursdays* **1 pm**

Line Dance Workout *Tuesday and Thursday* **10 am**

Men In Black Rehearsal

Tuesdays and Thursdays **2 pm**

Evening Line Dance

Beginners *Tuesdays and Thursdays* **5:30-6:30 pm**

\$20 per person, per session

Urban Ballroom Dancing

Tuesdays **7-8:30 pm** **\$25 per person, per session**

Golden Hobby Shop

630 S. Third St. in German Village
Columbus, Ohio 43206
Phone 614-645-8329

The shop will be closed during January to get everything fresh for the New Year. Be sure to visit when we reopen in February.

Red Hat Activities

Gillie's Fillies *Mark your Calendars!*

Lunch and Bingo at the Gillie Café

Monday, January 22 **11:30 am**

Trips

Dodge

645-8151

Friday on the Town

Shopping in Clintonville and Lunch at Villa Nova

Friday January 19 **10:30 am**

Cost \$5 (transportation only)

Join us as we venture out to some of the shops in Clintonville. Even though the bustle of the holidays are over, this is a great time to stop by the thrift stores to see what after Christmas treasures await. Bring additional money for lunch after wards at Villa Nova.

Bowling the winter blahs away at the Columbus Bowling Palace

Friday, January 26 **10:30 am**

Cost \$5 (transportation only); bring an additional \$12 the day of the trip

The \$12 you bring with you that day covers shoe rental, lunch and two games for the Columbus Bowling Palace Lunch and Bowl special.

Come and join us as on our bowling excursion. The lunch special choices include one of the following: hamburger, hotdog, or coney dog, plus French fries and a 16 oz. drink, or you may choose two slices of one item pizza and a 16 oz. drink.

Gillie

645-3106

Gillie Trip Policy for 2018:

Please call 645-3106.

Trip Meeting

Thursday, January 25 **1 pm**

Do you have an idea for a trip? Would you like to know where we are planning to go in 2018?

Join the Gillie staff as we make plans for the 2018 trip calendar.

Lunch Bunch

At the Starliner Diner, Hilliard

Thursday, January 18 **11 am–2 pm** **Cost \$5**

Shop around Old Hilliard after lunch. Dress warm and bring walking shoes.

Register Thursday, January 4.

Trips

Marion Franklin **645-3612**

Breakfast and Movie

Tuesday, January 16 8:30 am Cost \$5

Movie will be determined a week prior, based on showings and times. Please submit movie suggestions the Friday before trip.

Please register at the front desk.

Scavenger Hunt

Wednesday, January 31 9:30 am

Cost \$5 (Transportation Only)

Join us as we head out to local thrift stores and bargain outlets to catch deals legends are made of, and then we grab lunch before heading back to share news of our finds.

Please register at the front desk.

Martin Janis **645-5954**

Bowling @ HPL Lanes

Thursday, January 11 10:30 am

Cost: \$5 for transport, \$1.50 per person per game, lunch on your own

We're going to head to the bowling alley for the very first time and see who can bowl a perfect game!

Metro Five-0:

Introduction to Tai Chi and Crafty Arternoon

Thursday, January 18 9:45 am Cost: FREE

Join us for an introductory session at Highbanks Park led by instructor Midge Krause from the Taoist Tai Chi Society. You will learn beginning moves that help circulation, muscle tone, coordination and balance. Wear comfortable cloths. Then we will stay for an afternoon of crafts!

Lunch and a Movie

Thursday, January 25 10:30 am

Cost: \$5 for transport, movie admission \$5, and lunch on your own

Let's all you movie goers come together to enjoy a meal and show at Stoneridge Plaza.

Whetstone **645-3217**

There will not be any trips in January.

National Days in January

January has a day or everybody. He is a small sampling:

January 1st

[National Bloody Mary Day](#)

January 2nd

[National Science Fiction Day](#)

January 3rd

[National Fruitcake Toss Day](#)

January 4th

[National Spaghetti Day](#)

January 5th

[National Bird Day](#)

January 6th

[National Bean Day](#)

January 7th

[National Bobblehead Day](#)

January 8th

[National Bubble Bath Day](#)

January 9th

[National Law Enforcement](#)

[Appreciation Day](#)

January 10th

[National Save The Eagles Day](#)

January 11th

[National Step in the Puddle and](#)

[Splash Your Friends Day](#)

January 12th

[National Pharmacist Day](#)

January 13th

[National Rubber Ducky Day](#)

January 14th

[National Dress Up Your Pet Day](#)

January 15th

[National Hat Day](#)

January 16th

[National Fig Newton Day](#)

January 17th

[National Bootlegger's Day](#)

January 18th

[National Winnie The Pooh Day](#)

January 19th

[National Popcorn Day](#)

January 20th

[National Cheese Lover's Day](#)

January 21st

[National Hugging Day](#)

January 22nd

[National Blonde Brownie Day](#)

January 23rd

[National Handwriting Day](#)

[National Pie Day](#)

January 24th

[National Compliment Day](#)

January 25th

[National Irish Coffee Day](#)

January 26th

[National Spouses Day](#)

January 27th

[National Chocolate Cake Day](#)

January 28th

[National Kazoo Day](#)

January 29th

[National Puzzle Day](#)

January 30th

[National Croissant Day](#)

January 31st

[National Inspire Your Heart With Art Day](#)

Senior Council Meeting

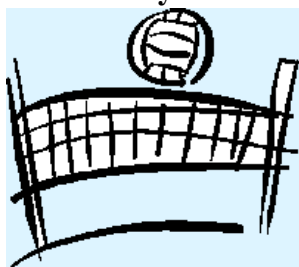
Tuesday, January 9 11:30 am

Dodge Morning Walking Club

Mondays and Wednesdays 8:15-9 am

Come join Mrs. Holly as she heads outside to enjoy those morning walks around Dodge's trail! Weather permitting, if not we will walk around the gym.

Chair Volleyball



**Mondays and Thursdays
1 pm**

Come on out and join us for some chair volleyball two times a week. It's great exercise and everyone loves a little competition!



Dodge Chorus

Tuesdays 1 pm

We are always looking for new members so if you would like to sing with our Chorus. Please join us.

Our Crochet Class (Weds. 1-3pm) is looking for new members. All types of needle work are welcome to join - whether it is knitting, macramé, canvas needle work, latch hook, rug making or needle point, etc. Come visit us to join our group.

Do you have Goals you want to set for 2018?

Tuesday, January 8 10:30 am -Noon

C.S. Lewis once said "You are never too old to set another goal or to dream a new dream"

Feeling like you are in a rut? What is dragging you down? It always seems to happen to us after the holidays. No matter what age we are, there is always something new that we are able to add to our lives; new hobbies, new habits, interests and challenges to help motivate us. Are there changes that you would like to see happen in your Life? Join us for an open discussion about setting attainable goals for 2018 and the steps we can take to actually get there! Fellowship with our peers, as well as discussion of articles and other literature will also accompany us in this journey. We will then meet monthly to keep the motivation going! Stay after for an inexpensive Lunch together in the canteen.

Beat The Winter Blues intro to Art Journaling Workshop

Friday, January 12 1-3 pm

Want to learn more about Art Journaling, how to do it, and what it is? Join us for a free demonstration with supplies and then you will also create your own art journaling page. See how therapeutic art journaling can be! If you like it, then you may sign up for the class that meets once a week on Tuesdays from 1-3 pm.

Sign up for the workshop at the front desk before January 7!

Classes for Fall II

| | |
|-----------------------------|--|
| Walking Club | Mon, Weds & Thurs 8:15 am |
| Warm up cardio | Mon & Weds 8:30 am |
| Beading | Mondays 9:00 am |
| Senior Fitness | Mon & Weds 9:30 am |
| Painting | Mondays 10:30 am |
| You Sew fine | Mondays 1:30 pm |
| Indoor Cycling | Mon, Tues, Weds & Thurs 9:15 am |
| Beach Volleyball | Tues & Thurs 9:00 am |
| PickleBall | Tues & Thurs 9:45 am |
| Quilting | Tuesdays 9:00 am |
| Chorus | Tuesdays 1:00 pm |
| Chair Fitness | Tues & Weds 11:00 am |
| Euchre | Tuesdays 12:00 pm |
| Art Journaling | Tuesdays 1:00 pm |
| Ceramics | Tues & Fri 1:00 pm |
| 50+ Sewing | Tuesdays 1:30 pm |
| Line Dance | Wednesdays 10:00 am |
| Senior Abs | Wednesdays 11:30 am |
| Service Circle | Wednesdays 9:00 am |
| Crochet | Wednesdays 1:00 pm |
| Dodge Diet Club | Wednesdays 3:00 pm |
| Chair Volleyball | Mon & Thurs 1:00 pm |
| 50+ Alterations | Fridays 1:00 pm |
| Coffee Conversations | Fridays 9 am-12 pm |

*If there are any 50+ classes, special event ideas, or trips that you would like to see offered at Dodge, please submit them. We are always looking for ideas. We want you to know that your suggestions matter. Just write your ideas on piece of paper and place them in the suggestion box at the hostess station.

Happy New Year! Gillie will be **CLOSED Monday, January 1st** and on **Monday, January 15th** in honor of **Martin Luther King Jr.**

OSU Extension Service with Lisa Gibson

Friday, January 5 9:30 am

Veteran's Group

No meeting January or February.

BINGO

Mondays, January 8 & 22 1 pm

Eat Better, Feel Better

Tuesday, January 9 11 am

LifeCare Alliance Dietitian Leonor Button, RD

Alzheimer's Association

Tuesday, January 9

~Support Group 12:30 pm Everyone is invited.

~Private Consultations 1:30-4 pm for yourself or a caregiver; by appointment (457-6003).

History Roundtable

Wednesday, January 10 1 pm

On this date in 1944, the GI Bill was signed into law. The Servicemen's Readjustment Act (GI Bill of Rights) provided a number of provisions for servicemen when they returned from World War II. We'll examine the impact of this law and its effects on our society today.

Senior Recreation Council Meeting

Wednesday, January 10 1 pm

Columbus Speech & Hearing

Thursday, January 18 10 am-3:30 pm

To schedule an appointment, call 261-5452.

Senior Living Truth Series:

Thursday, January 21 10-11:30 am

Every 3rd Thursday of the month New Directions Realty will present "The Senior Living Truth Empowerment Series", (SLTES) The SLTES provides comprehensive information on a variety of topics of interest to seniors and their families.

GILLIE PROGRAM/TRIP MEETING

Thursday, January 25 1 pm

We would like to know what type of classes, programs and trips **you** would like to see here at the Gillie in 2018. We are planning our program/trip calendar and if you have any ideas, we would love to hear them! Join us to share your ideas and we will let you know what our plans are for 2018. We will have light refreshments.

Valentine's Day Dinner Dance

Saturday, February 17 5:30-9:30 pm Cost \$18

Join us for an evening full of fun, music and dancing with one of Central Ohio's most dynamic entertainers. Dinner and a ballroom dance show are included.

Tickets are on sale now!

★ Creative Arts Event ★

May 9-18, 2018

Get your paint brushes, potter's wheel, knitting needles and all other art supplies ready for a week of fun, dancing, art performances and workshops. The theme this year will be "The World is a Circus." (Art work does not have to be theme related.) Artists can enter up to three (3) pieces of art work. Intake will be Wednesday and Thursday, April 25 & 26 at the Martin Janis Center. Look for more information in your February newsletter.

AARP Income Tax Assistance

Wednesdays Only, February 1-April 12

By appointment only, call 645-3106 or stop at the front desk beginning Monday, January 22 to reserve your time.



Living with Diabetes

Tuesdays, February 6, 13, 20 & 27 Noon-1 pm

If you are diabetic and would like to learn more about the disease and how to control it, this is the class for you. Join Leonor Buttons, RD our LifeCare Alliance dietitian who will be teaching the class. **Please register at the front desk.**

Life Line Screening

Saturday, February 10 9 am-4 pm

Life Line Screening will be here at Gillie Senior Recreation Center to offer safe, painless, non-invasive preventive health screenings that are typically not a part of a routine physical. To be more proactive about your health and to live longer for yourself, your family and your community, please register for these potentially life-saving tests today. See the flyers in the lobby to get more info about receiving \$10 off any package priced above \$139. For only \$139 (regularly \$149) you can learn your risk of having stroke or vascular disease. There is no time like the present to take action! **Please call 1-866-229-0469 to register for the screenings.**

Lazelle Woods Intergenerational Center

Anna Marie Brown, Center Manager

Hours: Mon.-Fri.: 8 am-9 pm

8140 Sancus Blvd., 43081

645-5330

Monday

Fitness Fuzion 9:30-10:30am \$27

Dance Fit & Toning 7-8pm \$25

Tuesday

FXP Hula Hoop Fitness 9:30-10:15am \$50

Cardio Circuit Workout 10:30-11:15am \$40

Aiki Ju Jitsu and Aikido 6:30-8:30pm \$35

Adult Pottery 7-9pm \$10

Wednesday

Fitness Fuzion 9:30-10:30am \$36

Get Moving 10-10:45am

Must have a fitness pass

Body Shop Workout 5-5:45pm \$57

Yoga 6:30-7:30pm \$35

Thursday

Dance Fit & Toning 7-8pm \$18

Fundamentals of Watercolor 6-9pm \$85

Piano Level 1 7:30-8pm \$25 + \$3 Mtls.

Friday

Fitness Fuzion 9:30-10:30am \$36

Pottery 12-2pm \$25 + \$15 Mtls.

Check with center or website for complete listing of classes.

COAAA Central Ohio Area Agency on Aging

3776 S. High St., 43207

614-645-7250

Laughter is the Best Medicine

Studies have found that laughter can have healing properties; and it's contagious. Research has shown that laughter activates the body's natural relaxation response. It's like internal jogging, providing a good massage to all internal organs while also toning abdominal muscles says Dr. Gulshan Sethi. Here are six reasons why you should start the New Year off laughing!

- 1) Laughter is Contagious – The discovery of mirror neurons- what causes you to smile when someone smiles at you – gives credibility to the belief that laughter is contagious. Laughing with a friend fosters closeness and contributes to sense of well-being. Our body wants as much of this feeling as possible.
- 2) Laughter Reduces the Stress Response- Laughter causes muscles to contract which increases blood flow and oxygenation. These stimulate the heart and lungs and trigger the release of endorphins that help you feel more relaxed emotionally and physically.
- 3) Laughter Boosts Immunity – A study at Indiana University School of Nursing suggests that joyful laughter may increase natural killer cells levels a type of white blood cell that attacks cancer cells.
- 4) Laughter Increases Resilience- Laughing at mistakes allows us to recognize that making errors is a part of being human. Resilience is built with acknowledging mistakes without becoming angry or frustrated. People who are resilient tend to be happier.
- 5) Laughter Combats Depression – As it turns out, the human brain is wired to respond positively to laughter and smiles, generating 'feel-good' chemicals. The wiring is so strong that the brain responds even when we smile at ourselves in the mirror or simulate laughing with enthusiasm. Laughter helps us get outside the downward spiral to depression. By being a witness to our situation rather than playing role of victim we can find humor in situations we might not otherwise have been able to do. Even forced laughter releases a cocktail of hormones and dopamine that can start to improve your mood.
- 6) Laughter Relieves Pain – People who are laughing still experience pain but they report being less bothered by the pain they do have. Perceived pain levels reduce and your belief that you can cope increases. Laughter by itself isn't the solution but it can help a person overcome discomfort.

Let's bring more laughter into life in 2018. Make humor a priority- read a funny book, watch your favorite comedian or watch a comedy show. Share laughter with friends. Choose to spend more time with people who have fun. Find the humor in life- laughing with NOT at people. The ability to laugh at yourself can help relieve your own stress.

Happy New Year!! from the Marion Franklin Staff.

Center Closed:

Monday, January 1 for New Year's Day

Monday, January 15 in observance of Martin Luther King, Jr. Day

50+ Winter Session Registration: January 2 - 5

50+ Winter Session Classes: January 8 - March 9

January

Mental Health Awareness Month

Learn about mental health awareness Informative solutions found on this website:

www.steadyrehabilitation.com

Marion Franklin Dining Center

Lunch: Tuesday-Thursday 11 am-1 pm

LifeCare Alliance...Nourishing the Human Spirit

AARP Tax Program – Tax Assistance will be available. Call the center for dates and times.

Classic 8 Ball Tournament

Thursday, January 11

4 pm

Free



Double elimination, call shot, no ball in hand. Winner gets name and photo on wall. Participants receive discounted prices at Papa Joes. Please register at the front desk.

Birthday Bingo

Monday, January 29

11 am

Free

Join us for a quarterly round up of who's turned another year older. All are welcome to join the celebration with bingo, great prizes and light snacks. This program is sponsored by Aetna and Clear Captions.

Underground Railroad

Meets 1st & 3rd Monday of the month

2:30 pm

BINGO

1st and 3rd Tuesdays

1-3 pm

Pokeno

Wednesdays

1-3 pm

Health & Wellness Information

January is the month of new beginnings: National Hobby Month

It is good to exercise our brains. Why not explore a new hobby, maybe painting or piano lessons. Trying something new stimulates our brain endorphins that make us feel good about ourselves. Start the New Year off by making an appointment in the wellness center for a physical exam. Call Barbara Parker RN. Lifecare Alliance Wellness Center 614-645-7173 or 614-437-2927.

Arthritis Foundation Exercise Program

Tuesday & Thursday 10 am

Free Hearing Services

Call Rachel at 261-5452 for more information or to schedule an appointment.

Lifecare Alliance

Eat Better, Feel Better!

Every 3rd Thursday of the month; 11:15 am

Classes are Free/No Registration Required

Line Dance (Intermediate)

Mondays, Wednesdays and Fridays

10-11 am

Beginners Wednesdays

11:15 am

Men's

Tuesdays and Thursdays

1 pm

Line Dance Workout Tuesday and Thursday 10 am

Men In Black Rehearsal

Tuesdays and Thursdays

2 pm

Evening Line Dance

Beginners Tuesdays and Thursdays 5:30-6:30 pm

\$20 per person, per session

Urban Ballroom Dancing

Tuesdays 7-8:30 pm \$25 per person, per session

Stop by to check out all of our classes and programs. We would love to see you.



**Ring in the New Year!**

Get 2018 off to a great start by joining in the many activities at Martin Janis! Winter classes begin on Tuesday, January 9, 2018.

Let's Keep it Movin'!

During the winter months, the weather conditions create more challenges for people wanting to get out of the house. It is, however, necessary to keep your body moving to stay strong, boost your immune system and keep your spirits up. The staff at the Martin Janis Center invites all members to come and have fun with your favorite indoor activity. Whether you like shooting pool, throwing darts, Wii bowling or ping pong, we're sure you'll be having so much fun you won't even know that you're exercising!

Contact Greg at the center for more information, 614-645-5954.

Red Hat Society Chapter

"Women on the Move" and Martin Janis "Jet Setters" will be meeting on January 12th, 2018. If you are interested, please join us here at Martin Janis! Meeting starts at 10:30 am.

Congratulations!

Congrats go to Gail Paulus and Shari Love! Their photography was given an "Honorable Mention" for their photos in the COAAA Annual Calendar!

Coffee Club

Wednesdays 9 am

Come and join the sparkling conversation!

"Breakfast for Lunch"

Wednesday, January 3 11:30 am

Come in and enjoy the wonderful breakfast specials our talented kitchen staff serves every month. This popular event is a great way to have a nice hot breakfast on a cold winter day!

Martin Janis Senior Council Meeting

Wednesday, January 17

Lunch served

Monday-Friday 11:30 am-12:30 pm

Lunches are \$5, unless it is a special event or otherwise posted.

Greg's Health Corner**Tobacco: What's It Good For?****Absolutely Nothing!**

According to the Veterans Health Administration, all forms (cigarettes, pipes, snuff, snus, chewing tobacco, etc.) are harmful. Tobacco, the largest cause of preventable illness and death in the United States, kills approximately 443,000 people. Tobacco use causes cancers, heart disease and COPD. Non-smokers who are exposed to second hand smoke at home or work are 20% to 30% more likely to develop heart disease or lung cancer. By quitting, you protect your family and friends from second hand smoke. You will have more energy, breathe easier, and food will smell and taste better. You will notice that your clothes, car and home smell better. You will look and feel better with fewer wrinkles and stains on your skin and nails. You will save money to spend on other things!

Save the Date:

Coming in February! The Martin Janis "Artist in the Making" Exhibit/Show. It's a new year and it's time for us to show off our ultra- talented artists! Contact Mike for information, 614-645-5954.

Chinese New Year Celebration, Party and Potluck

Friday, February 2 11:30 am

Join us for an all Asian lunch along with various forms of Tai Chi. We ask that you bring your best or favorite Asian fare (enough to feed ten people) or \$6 as we celebrate the Chinese New Year! Register at the front desk.

Valentine's Day/ Mardi Gras

Wednesday, February 14

Bring your sweetheart, and we hope to see you then. Time to be announced.

The Creative Arts Event

May 9-18

Calling All Artists! The Creative Arts Event is just around the corner. The theme for the 2018 event is: "Life is a Circus." Now is the time to start thinking about your project. For more information contact Mike Phillips at 614-645-5954 or Linda Jacobs at Gillie, at 614-645-3106.

Participants must present payment upon registration for all activities with fees.



Cards and Board Games

Mondays 12:30-3:30 pm; Free; Community Room

Bid Euchre (6, 7 or 8 handed can be played)

Everyone is welcome!

Tuesdays; 12:30-3 pm; Free; Community Room

Progressive Bridge

Thursdays; 12:30-3:30 pm; Free; Community Room

Progressive Regular Euchre: \$2 per person

Thursdays & Fridays; Noon-3 pm; Dance Room

(Have fun and win grocery prizes!)

Captain's Table

Mondays 11:30 am-1 pm \$5



Come join us on Mondays for the best lunch deal around. Come inside out of the cold for a delicious bowl of hot soup. Bring your appetite and \$5; and we'll see you every Monday.

Contact the center with any questions.

Open Pickle Ball

Mondays, Tuesdays & Fridays

10 am-12:30 pm Beginner/ Intermediate

12:30-3:30 pm Advanced

Mondays, Wednesdays & Fridays

6:15-8 pm All Levels

What is Pickle Ball? It's a popular game that looks like a cross between regular tennis and table tennis; and a fun way to get exercise. ***Contact Mike with any questions.***

International Folk Dancing

Mondays 7-8:45 pm

Free Dance Room



Come and join The Whetstone Folk Dancers for International Folk Dancing! Learn about dances from different countries and you don't even need to bring a partner. It's "No fault folk dancing."

Contact the center with any questions.

Whetstone 50+ Writers: Memory to Memoirs

This group meets every 1st and 3rd Thursday of the month. ***Contact the center with questions about meeting times.***

Monthly Friday Potlucks

Friday, January 19 Noon

The senior council provides a meat dish.

No money will be taken from participants. EACH INDIVIDUAL MUST bring a dish sufficient to feed 10 people in order to participate in the potluck.

Please call the center in advance for your reservation, so we know how much food to prepare.

Classes

Classes are offered at the Whetstone Community Center for adults of all ages. We offer a wide variety of opportunities for 50+ participants including:

***Wii Bowling* Tuesdays 10:30am-Noon/ Free**

(Everyone comes at this time.)

***The Body Shop Workout* Tues./Thurs. 3:45 pm, 4:45 pm & 5:45 pm \$10 for 1 class pass, \$70 for 10 class pass, \$97.50 for 15 class pass, \$120 for 20 class pass, \$150 for 30 class pass**

***Poetry & Prose* Thursdays 1-3pm/ Free**

***Woodcarving* Meets every 1st & 3rd Tuesday at 6 pm/ Free/ Bring your own supplies.**

***Wood Chippers* Wednesdays 9 am-Noon/ Free/ Bring your own supplies**

***Open Walking- Gym* M, T, Th, & F 8-9:15am/Free**
***Fearless Falling (Adult Safety Skills)* Fridays 10:30-11:30am/ \$30**

***Gentle Yoga* Wednesdays 10-11am or 7:15-8:15pm/\$50 each**

See Center Class Schedule for complete class listing. **Schedules are available in hardcopy at the front counter** & can also be downloaded from either of our websites at www.columbusrecparks.com or www.whetstonepark.org. Most of our activities are available for registration online. Register online at: <http://apm.activecommunities.com/columbusrecparks>

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1111 EAST BROAD STREET, SUITE 103
COLUMBUS, OH 43205

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The new year means that it is time to renew your 50+ membership. Memberships are free but must be renewed yearly. Stop by your 50+ center to renew. While you are there, check out all of the fun and interesting classes and programs that they have to offer.

**Happy
New Year!**



**All Centers will be closed:
Monday, January 1 for New Year's Day and
Monday, January 15 for Dr. Martin Luther
King, Jr.**